



Ergonomics

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Ergonomics is the process of changing the work environment (equipment, furniture, pace of work, etc.) to fit the physical requirements and limitations of employees rather than forcing workers to adapt to jobs that can, over time, have a debilitating effect on their physical well-being.

Ergonomics aims to improve workspaces and environments to minimise risk of injury or harm.

Why is Ergonomics important?



Ergonomics is important because when you're doing a job and your body is stressed by an awkward posture, extreme temperature, or repeated movement your musculoskeletal system is affected. Your body may begin to have symptoms such as fatigue, discomfort, and pain, which can be the first signs of a musculoskeletal disorder.

What is a musculoskeletal disorder?

Musculoskeletal disorders (MSDs) are conditions that affect your body's muscles, joints, tendons, ligaments, and nerves. MSDs can develop over time or can occur immediately due to overload.

Types of Ergonomics

According to the International Ergonomics Association, there are three broad **domains of ergonomics**:

1. Physical
2. Cognitive
3. organizational.

Types of Ergonomics

Physical Ergonomics:

Physical ergonomics is concerned with human anatomical, anthropometric, physiological and biomechanical characteristics as they relate to physical activity.

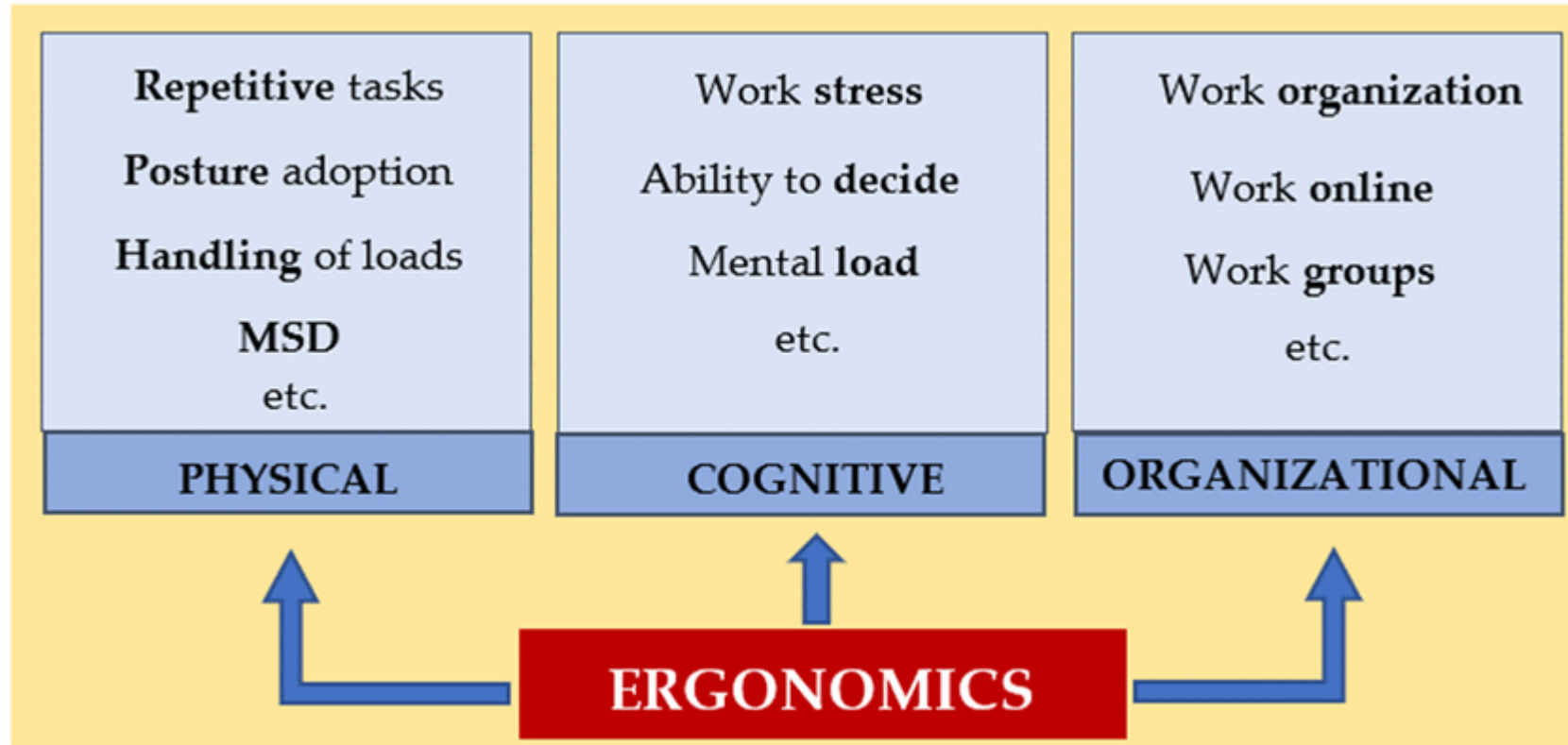
Cognitive Ergonomics

Cognitive ergonomics is concerned with mental processes, such as perception, memory, reasoning, and motor response, as they affect interactions among humans and other elements of a system.

Organizational Ergonomics

Organizational ergonomics is concerned with the optimization of sociotechnical systems, including their organizational structures, policies, and processes.

Types of Ergonomics



Ergonomics is the scientific study of people in their working environment. It's based on the idea that a job should conform to the worker rather than the other way around. Employers (including small business owners) can utilize ergonomics to help prevent workplace injuries and reduce their cost of **workers' compensation insurance**

There are several reasons why small business employers should consider implementing an ergonomics program.

All employers are required by the General Duty Clause of the Occupational Safety and Health Act to provide employees with a safe workplace.

Ergonomics can help employers comply with this law by making workplaces safer

Advantages of Ergonomics?

Keeps Employees Healthy:

It saves you from many physical hazards like back pain, wrist pain, neck pain and many more.

For example, if you have a cozy seat and adjustable PC, your body mechanics will work fine avoiding muscle strains.

On the other hand, an uncomfortable workspace will increase your chances of getting aches or falling sick.

Can Minimize Mistakes:

When the working conditions are challenging, the employees are more vulnerable to mistakes.

For example, if you have to squint to look at your computer screen, there is a possibility of messing up. An irritating seat or an uncomfortable footrest can also throw you off inducing mistakes. Therefore, a comfortable workplace is essential in keeping you alert and minimizing the chances of errors.

Develop the Interest of Employees in Their Job:

If employee feel luxury in working place, they will like to spend more time on their desk. By doing so, they will explore many new aspects of their job.

Increases Productivity:

Ergonomics provides an appropriate atmosphere for the employees at the workplace. Having a good posture, straightened eye level, limited effort and motions can have a positive impact on your body. When you feel healthy, you are more likely to be creative and productive.

Cost-effective:

The best part is that ergonomics requires a one-time investment that can have a long-lasting impact on the business. So, it is important to provide employees with a favorable environment so that they generate more profits for the company.

Develops a Strong Work Culture:

When everyone is in good terms with each other, it creates a positive vibe within the office. Employees share ideas and help out one another with good intentions. Optimistic and healthy working environment keeps employee works up to their full potential.